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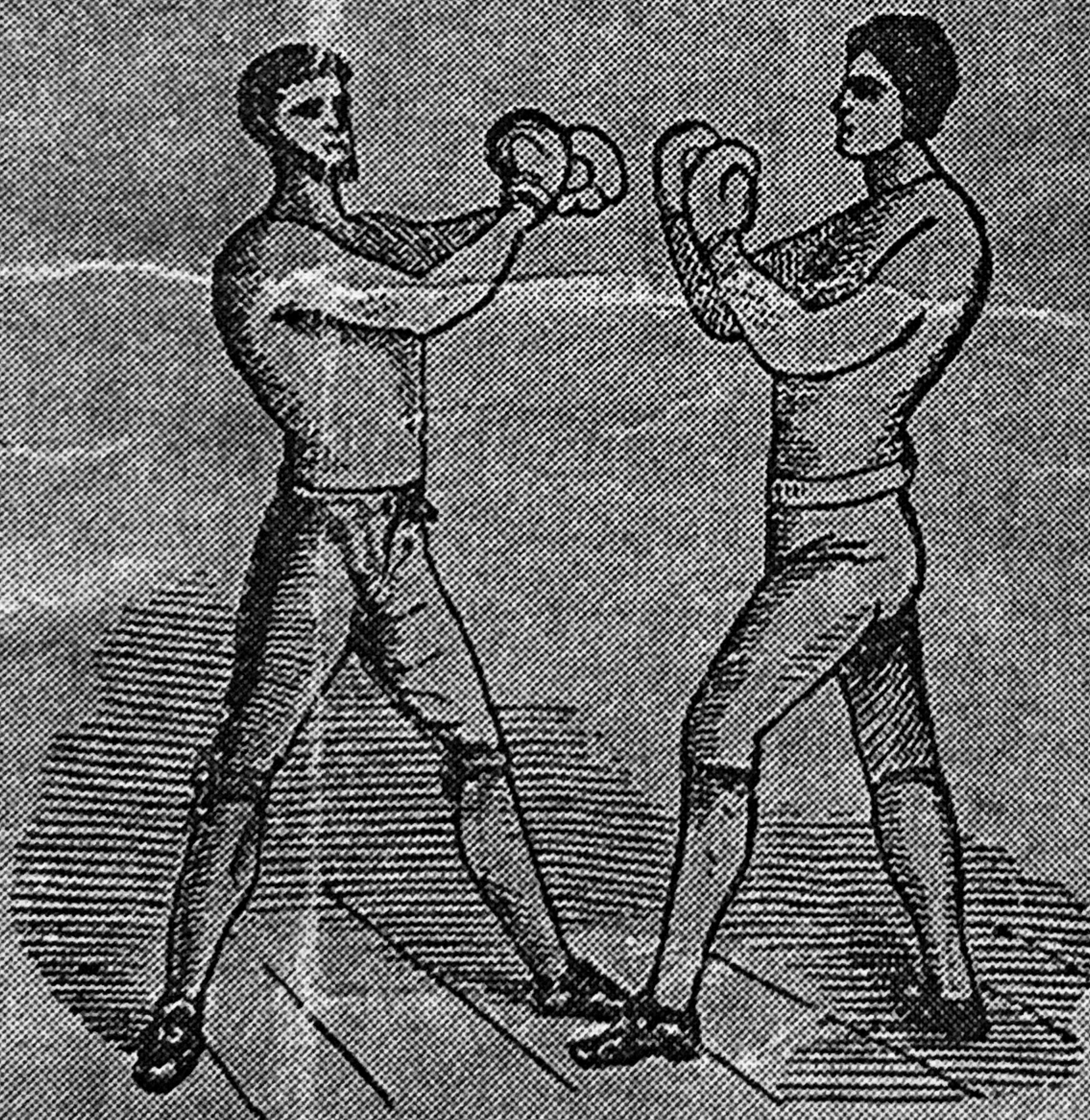
BOXING WITHOUT A MASTER.

OR SCIENTIFIC ART AND PRACTICE OF
ATTACK AND SELF DEFENCE.

EXPLAINED IN SO EASY A MANNER THAT ANY PERSON MAY
COMPREHEND THIS USEFUL ART.

CONTAINING DESCRIPTIONS OF
CORRECT PUGILISTIC ATTITUDES

AS PRACTICED BY THE MOST CELEBRATED BOXERS OF THE PRESENT DAY.



BY OWEN SWIFT,
PROFESSOR OF THE ART.

NEW YORK:
ROBERT M. DE WITT, PUBLISHER,
No. 33 ROSE STREET,
(Between Duane and Frankfort Streets.)

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ART OF SELF DEFENCE.

PREPARATION.

THE naked hand is not fit to be used in first learning to spar, you and your friend must, therefore, be provided with boxing muffers, or a sort of gloves stuffed with wool, which takes off the effects of the blows, and particularly those of the knuckles, and back hand fist; though neither party should double their hands close, as there should be no enmity; an open hand, or only half closed, will have all the effect required, and both parties should keep in the best humor possible.

GUARD, OR ATTITUDE

This is considered by amateurs as the first thing to be learned, for it is according to the position in which you stand that you acquire the greatest ease and certainty in your defence and attack. This must necessarily be different in different boxers, and form their style of advance. Every student should endeavor to unite grace with power, and this may be easily accomplished, since nature delights in the graceful. Attitudes are as various as men, but may be generally reduced to three—those of Humphries, Johnson and Mendoza. The first consists in placing the left hand foremost, the fist opposite the mouth; the right hand nearer to the body, the fist covering the stomach; the legs considerably extended, the left foremost, the weight of the body poised on the right, the head erect. This position is the most graceful; it is also the most manly: the breast expanded, the head boldly raised, and the limbs firmly planted, express the most martial air. The weight of the body thrown on the hinder leg must give greater strength to the blow of a person in this guard, than any other.

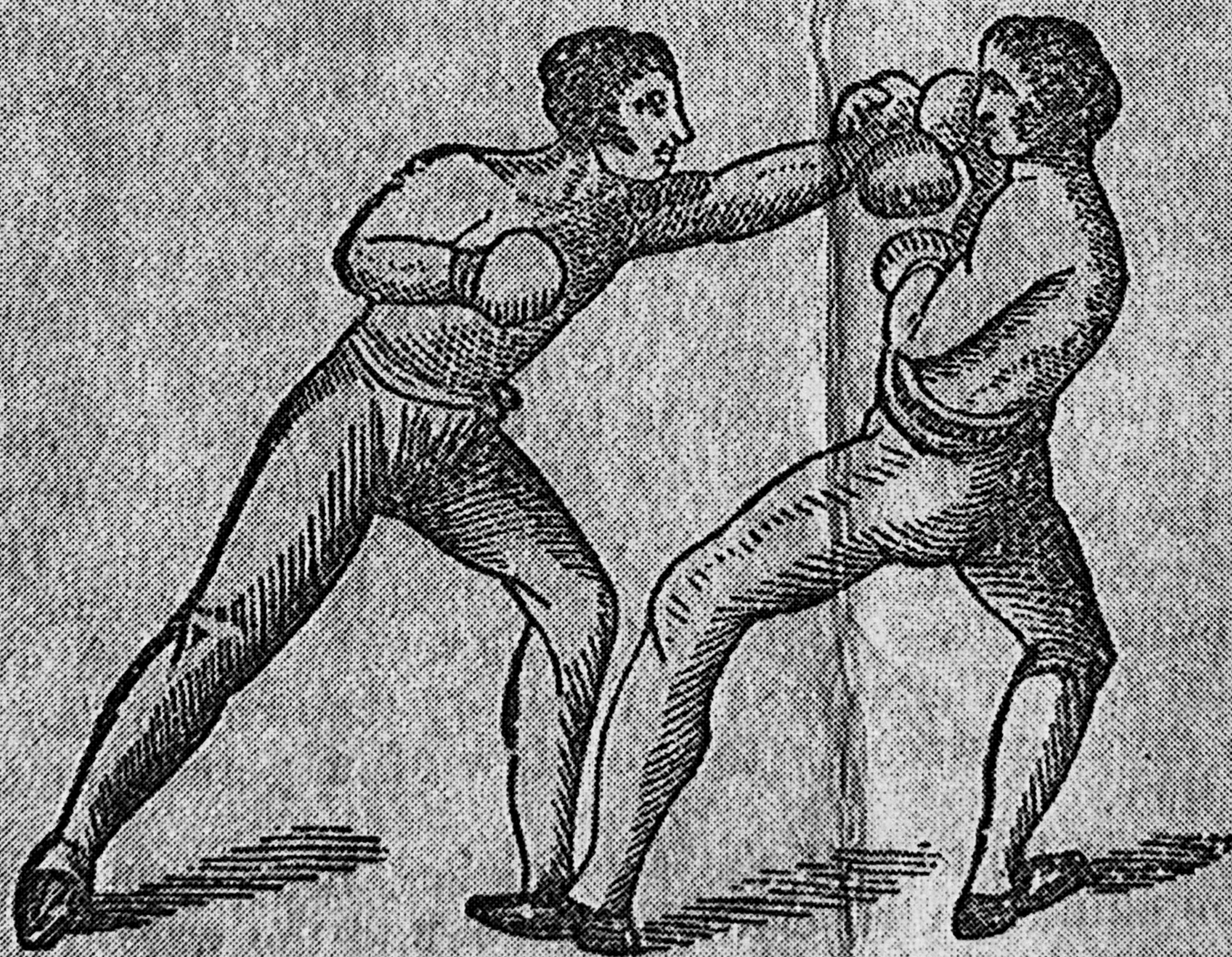
The second is formed of the fists placed near each other, almost opposite the chin; the left a little before, and the weight of the body on the foremost leg. It is better calculated for shifting, and gives the practitioner an opportunity of putting in more blows.

The third, or Johnson's attitude, consists of the fists held before

the head, the arms nearly extended, the legs almost square, the body much bent, with the breast forward. This has little elegance and manhood in its appearance, and is practiced by very few. The body is protected by this, more than any other guard; but the head is exposed. Men possessed of uncommon strength in the loins should only accustom themselves to it, as it must fatigue all others. The great advantage of this position lies in its being alike calculated to attack or defend; for the weight of the body being equally sustained by both legs, it is, by little exertion, moved in any direction, so as to guard against, or give vigor to a blow.

In general, the legs should not be opened more than half the extent, the left one foremost, and the right an easy distance behind, but not in a direct line, as that would weaken your firm. The knees should be a little bent, so as to bring down your height and give you an opportunity of rising in giving your return; and the principal weight of your body should be placed on the foremost leg. This is the most striking attitude, and, perhaps, the best calculated for defence of the body by its being farther removed from the effects of the coming blow, and though the head by this means seems to be a little in danger, the arms are in such a situation as to protect the head, and stop every other attempt made at it.

STOPPING BLOWS.—No. 1.



A quick eye, and some practice, are found necessary to accomplish this with dexterity, yet it may be soon learned, with a skillful friend,

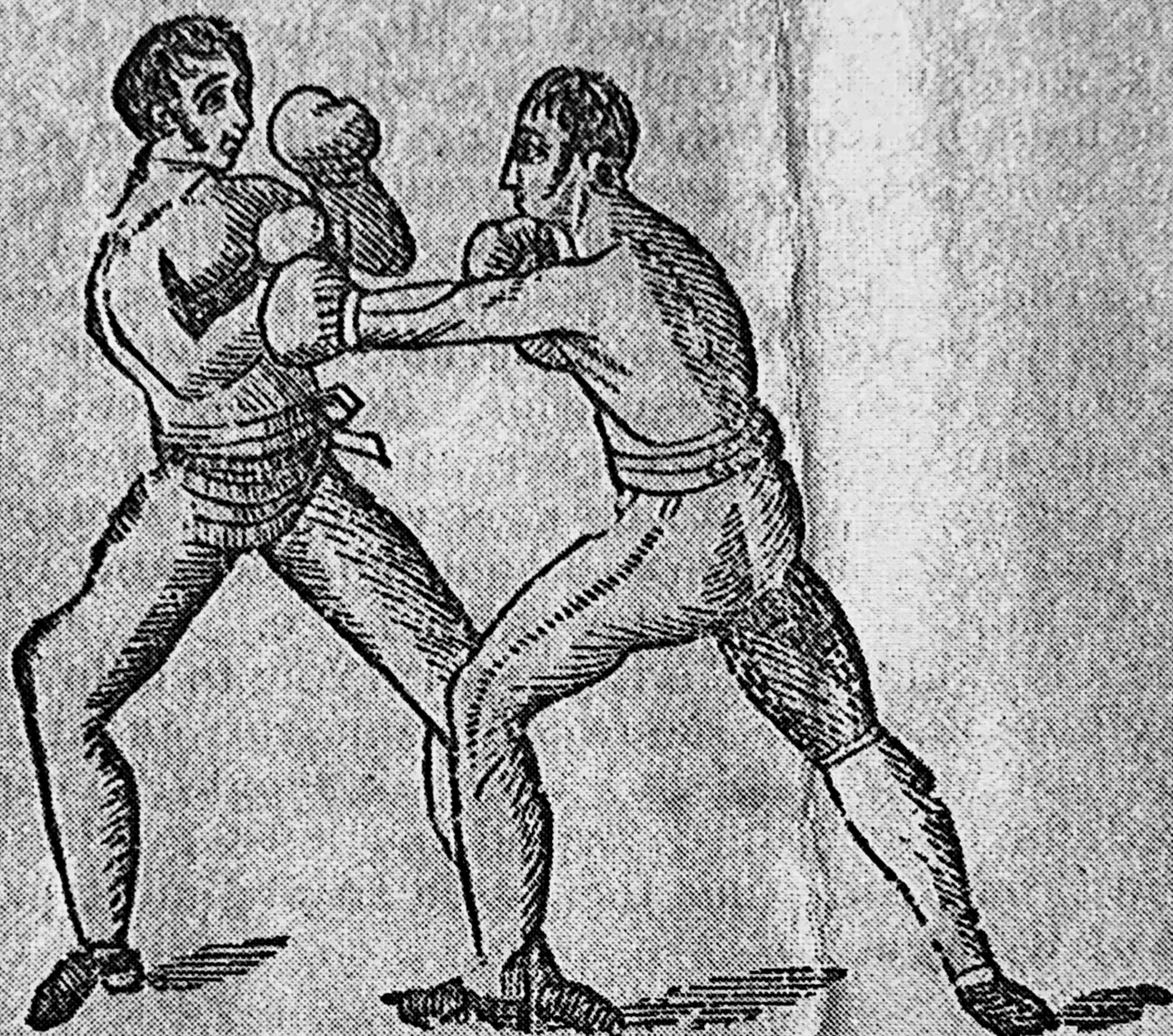
who must perform his attacks but slowly at first, with his right hand on your left cheek, which you must parry with your left arm, by bearing his blows upwards; then let him direct a stroke at your right cheek, which will naturally come with his left hand, which, in like manner must be repelled, by raising suddenly your right arm at the moment he strikes, a little above your head, receiving a blow on the outside flat of your arm, which saves your fall, and renders his motion of no effect. This exercise should, as has just been observed be begun slowly, to prevent confusion, and to give time to the learner to recover his guard after every hit. Quickness will succeed in a short time, and enable you, in a degree, to stop many of those blows without recovering your guard between each. This guarding of the face cannot be too strongly insisted upon, nor too many lessons taken to acquire the habit of that part of self-defence.

It will be advisable to make it a general rule to hold, for this purpose, your elbow as high as the rest of your arm; and that is, in my opinion, the best mode; and in learning, it should be continued till you are tired, for to be well performed you must get into the habit, and it was in Broughton's time the lesson he was most particular in, on account of the eyes.

OF MANŒUVERING.

This is said to be any skillful motion, mode, or management, by which we accomplish our own intentions, and frustrate those of our antagonist. Thus, to keep working with our hands in order to perplex him, and throw in a blow with less probability of being deceived; to make a feint at one part of him and strike at another; turn ourselves round on the hinder heel as soon as we have struck, for the purpose of getting out of reach of his returning blow, and regaining our former position as soon as it has been aimed; to fasten on him in closing according to the method recommended in a following chapter, with every other trick which can be practiced to deceive him, are all manœuvres.

DEFENCE OF THE FACE AND PIT OF THE STOMACH.--No. 2



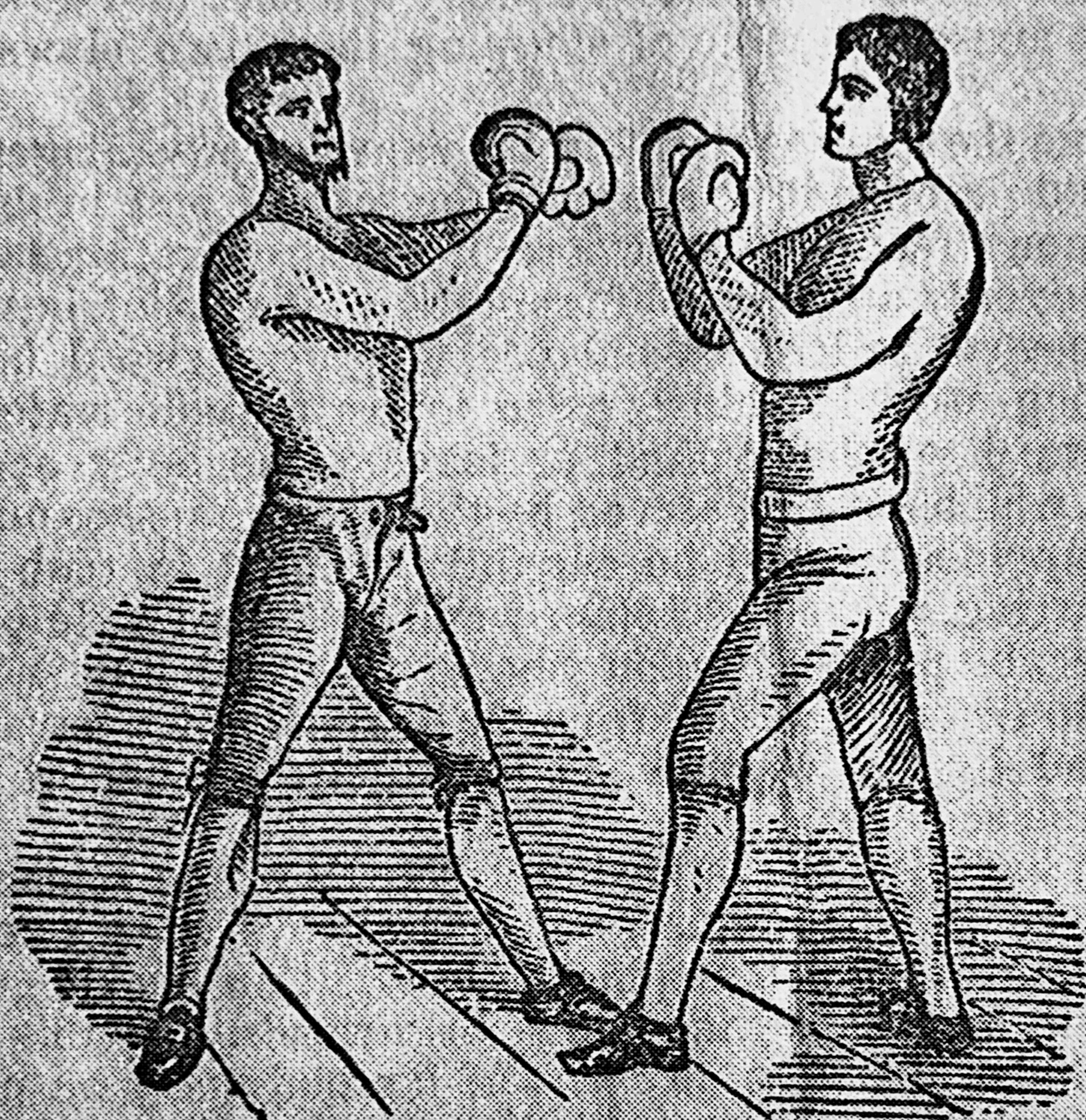
To perform this you must stand firm on your guard, and while your adversary aims at the right side of your face with his left fist, and at the same time at the pit of your stomach, which is called the mark, with his right, you must parry the first attempt with your right arm as before directed in the face guards, and the other coming blow, by keeping your left side so under the elbow, that it shall secure and cover the ribs and loins, while the flat part of your arm protects your stomach. This is the guard, not only of the mark, but of the ribs and loins, in any of which places a sure blow is extremely dangerous. You must after thus defending yourself from those two successive blows, recover your guard. Your instructor should then repeat the blows till you acquire the habit of guarding yourself from them without embarrassment or awkwardness. When you are perfect in this defence of the right side of your face and body, your next lesson must be given with his right hand, and at your stomach with his left; the first of which blows you are to stop by raising your left above your face, and the second by placing your right on your stomach. You must immediately recover your guard; these two blows are to be immediately repeated, which you must send off in the same manner, constantly recovering your guard after them, till you acquire a habit of seeing their approach. Sometimes your ribs may be struck at instead of your stomach. Thus, when your adversary with one fist aims at your face, he may with the other aim at your mark or your side, and the same guard, as before observed, will protect both

These lessons ought to be repeated, and the precepts alternately practised with the same precision as they are here laid down, till the learner finds himself capable of stopping these two blows with ease and facility.

By this time the learner will find the superior advantages of scientific study and practice in this art, to the savage and lubberly practice of common street-fighting, where, if any preparation takes place, it is in the slovenly air of a man ignorant of the art of boxing, often striking so loose as to lose his balance, flinging forward his body so furiously along with his blow, as to injure himself materially, by pitching forward on the ground, or leaving the body open to the return blow, which must be served by the force he rushes on it. Violence and impetuosity must be carefully avoided in real action, as well as in sparring, yet the less clumsy and awkward style of striking may, however, be practiced upon you, as they will put it equally in your power to defend yourself from the dexterity of a boxer, and not to be daunted by the violent and impetuous manner of a person ignorant of the science.

Every man has his style in boxing. Ward's whole science is principally followed in this treatise, and has always been esteemed the fastest. After Broughton's manner he brought up the rib-guard, and stomach-guard, by striking the blow downwards. By this means, a mischievous blow aimed at any part of the body may be parried off and the stroke particularly parried from the stomach; and what part of the human frame is more important to protect than the rest of life itself?

SPARRING.—No. 3.



Sparring is absolutely necessary to form a complete pugilist. It is the only proper introduction to boxing, and a just mode of realizing whatever principles the scholar may have imbibed, or trying the success of any new plan he may have invented. It affords opportunity for the exercise of his reasoning faculties, an advantage of which one is often deprived in battle, therefore no manœuvres, no attitudes, ought to be adopted, unless experimentally, but what would be introduced in actual fight.

The two great objects to be attended to in sparring, are to hit your adversary the oftent, and prevent him from returning the compliment on yourself. In order to effect this, you must watch warily his eye, to discover where he means to throw his blow, and to see what parts of his person are exposed to your attack, and to stop and strike accordingly, as nimbly and elegantly as possible, for this exercise is properly the flower of boxing.

It is recommended in sparring, that both parties stand upon their guard, and each act offensively and defensively occasionally. While you are not striking, you should move your arms a little to and fro, (but not at their utmost distance,) in order to render them supple, and to enable you to throw a blow more unexpectedly. Confuse your antagonist by giving him an idea that you are about to hit when

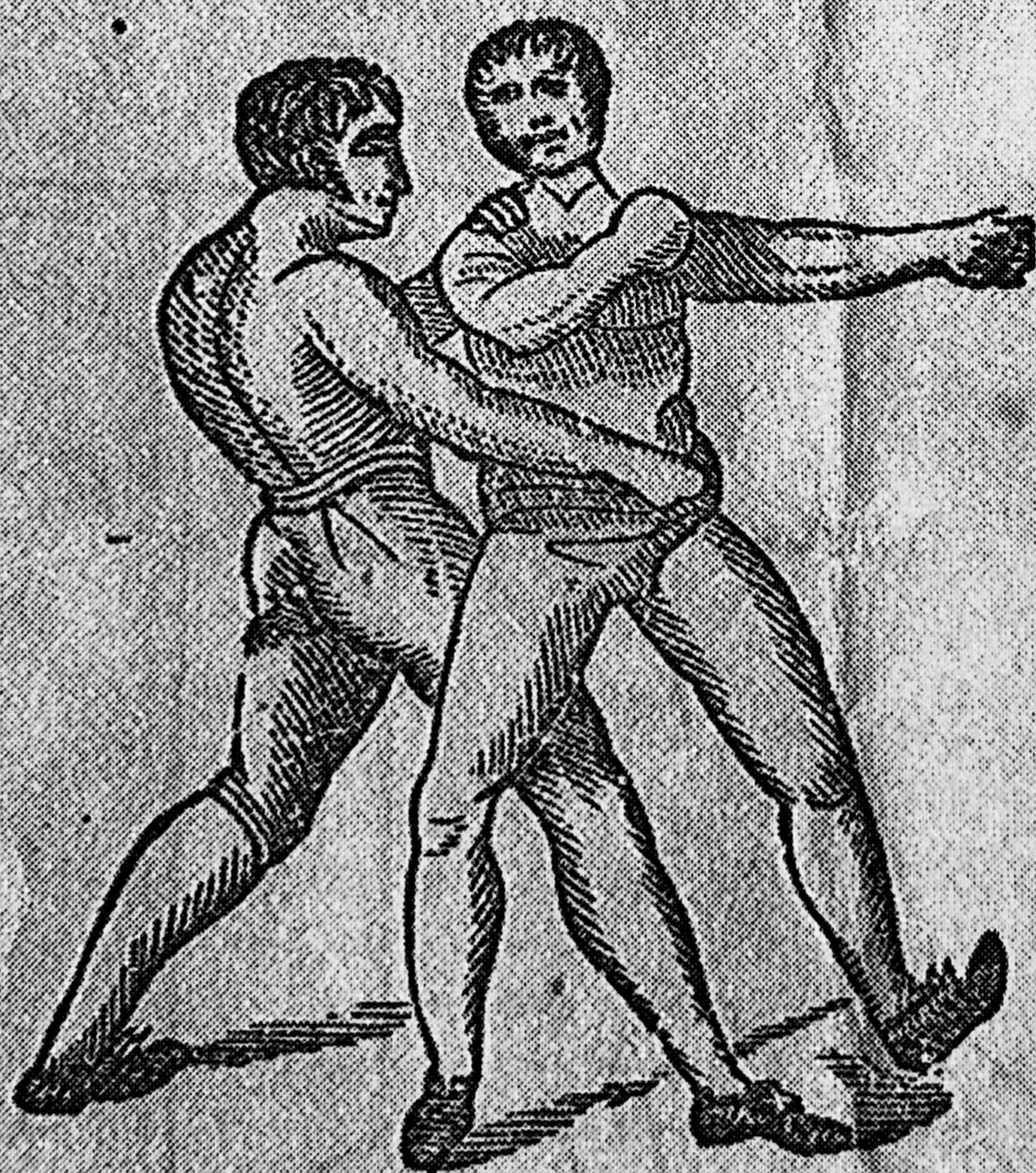
you are not. If you see any part of your adversary's body open, strike at it, and then recovering your guard, if he appears to guard himself with great attention and art, and you are pretty certain that a blow at him would be only thrown away, your object should be to wait till he strikes, and then take the opportunity of giving the retaliating blow; but, if he strikes, you must endeavor to stop, and, if possible, return the favor. In fact, sparring is only a more civilized manner of boxing, where heavy blows are not given, but every advantage is taken, and will contribute more to bringing forward a boxer than even the closest private teaching that can be got.

Sparring and boxing attitudes may be studied before a glass, and persons with quick perception may study the theory this way to great advantage. You may thus learn to adjust your guard, by seeing which appears the safest and most manly posture of defence, by striking opposite to those places in your body which appear to lie open and parrying the different imaginary blows.



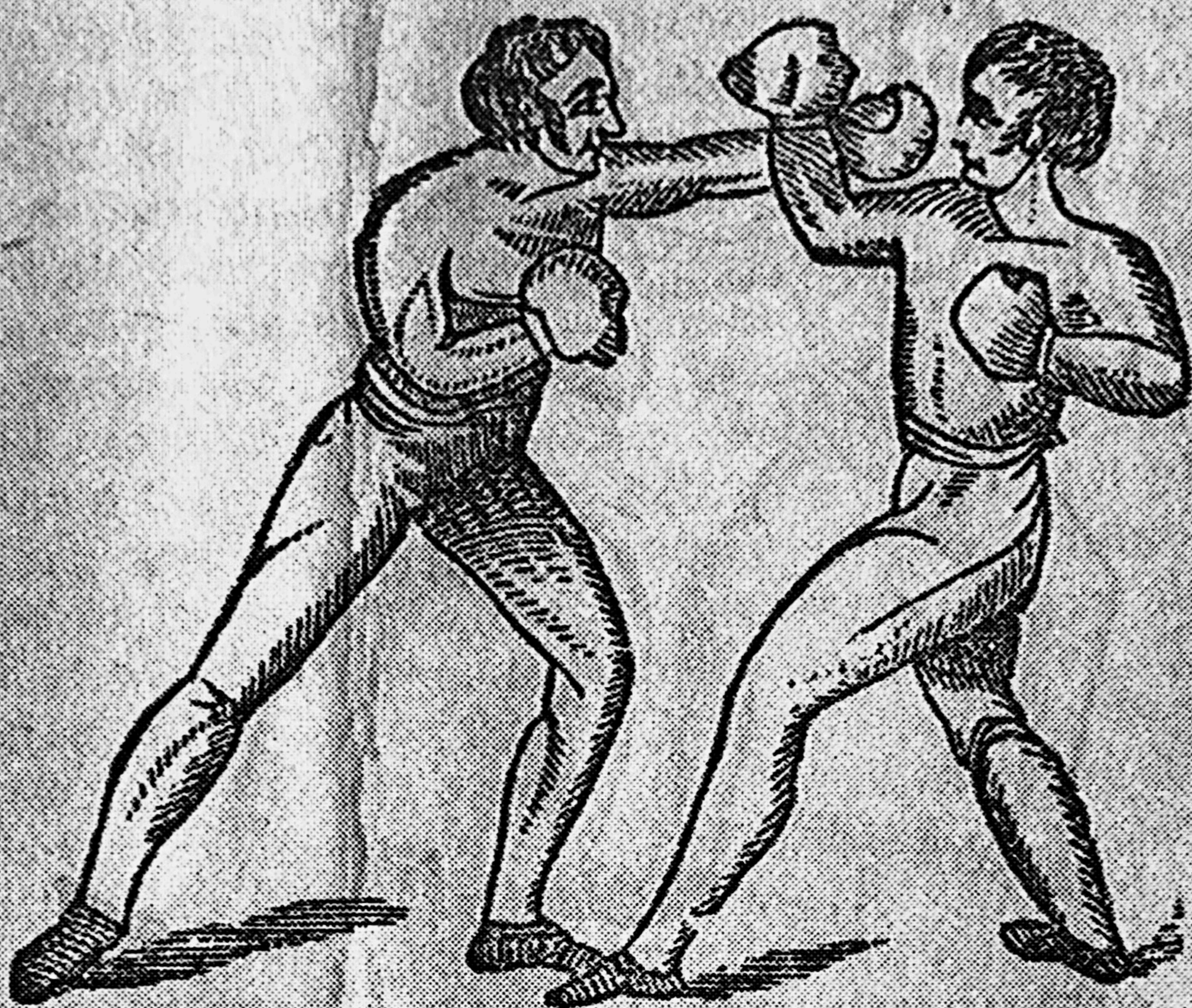
It will be impossible to perform the different lessons of boxing, or to practice sparring, without suffering some pain or inconvenience from the bruises which you will unavoidably receive on your arm by stopping your friend's blows, though they be struck ever so lightly. The best remedy in this case is the external application of brandy, which will effect a speedy cure. As this unpleasant circumstance must be expected, it ought not to be regarded; but when you are relieved from the evil, you may attend your boxing, convinced that a few bruises of this nature cannot prove injurious, and will not, when you are more used to the exercise be easily produced.

CROSS-BUTTOCK.--No. 4.



This throw is one of the most dangerous falls that can be given. It can only occur when you and your adversary's right side, in closing, happen to come in contact, in which case, you are to take a low hold of the waist-band of his breeches with your right hand, and of his right shoulder with your left, and by this means cant him over on your right hip, head foremost on the ground.

PARRYING AND RETURNING.—No. 5.

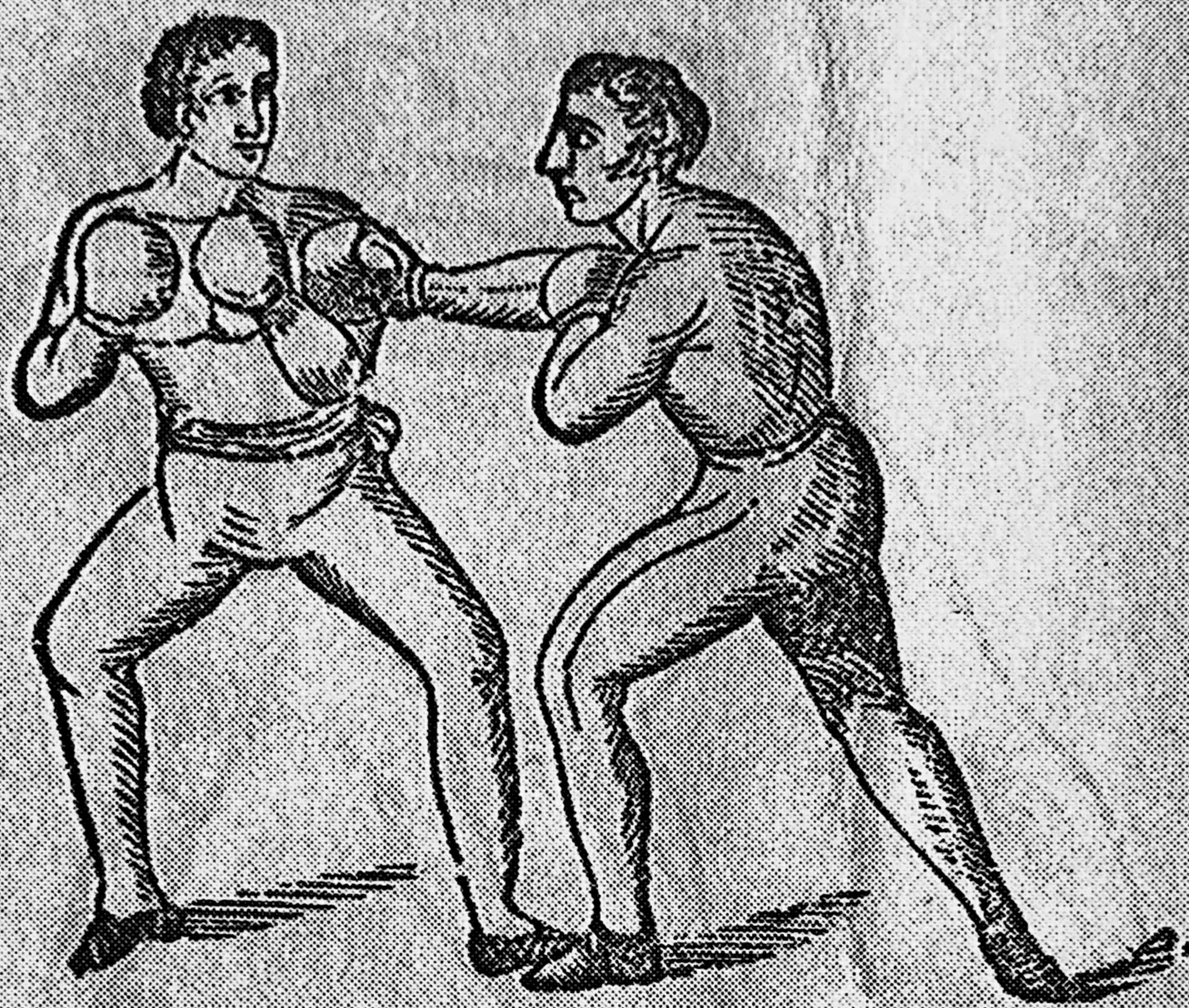


OCCASIONALLY GUARDING THE FACE AND STOMACH.

To perform this skilfully is a great excellence in the art of boxing, and the teacher cannot be too explicit in his direction. It will try the patience of the learner, but, as we said before, good humor produces presence of mind; by the direction of which, and the observance of the former rules, the learner must parry the blow with the opposite hand. Thus, for example—let him, with his right arm, beat up the blow aimed at the right side of his head, and immediately return it with the other, and so keep parrying and striking alternately; or, he may throw his face back so as to prevent you from reaching him. After repeating this yourself some time, let him strike with his left arm at your left cheek, catch the blow on your left arm and hit him with your other hand. This, if likewise frequently practised, will teach you to stop or strike with either hand. Then let him hit you first with one hand, which you must parry and return; next with the other, which you must likewise parry and return; and so on till you feel yourself tired. Perfection in this matter is the result of perseverance, and patience will ultimately claim the victory if equanimity of temper prevail over the transaction.

A skilful boxer will never hazard a blow without the prospect of putting in a second to more advantage; and some have gone so far as to expose themselves to a blow, that they might more effectually plant one themselves. This however, is seldom practised, and may be fatal.

FULL GUARD.—No. 6.



OR, OF GUARDING BOTH SIDES OF THE FACE, THE STOMACH, AND RIBS.

This calls into effect all the dexterity acquired by former lessons, and cannot be too much studied to form a complete boxer; even an occasional one should practise enough to protect himself from accident; for, it is very common for people in fighting, to strike as often, at the face, or ear, as possible, and to follow up these aims by blows on the stomach, by which any one, though ignorant of the art, will very often gain the advantage.

To practise the foil against this way of attack, let the person you practise under, as you stand on guard, strike you, first with his left hand at your right cheek, eye, or ear, which blow you may stop with your right arm; next, with his right arm at your left cheek, which you might stop with your other arm; and with his left again at your stomach or side, which you must defend by resting your right arm on your stomach; the elbow and upper part of the right arm against your ribs. After this, recover your guard, repeat the whole in the same order again and again, and then let your instructor strike at the left side of your face with his right hand, parrying him with your left; at the right side with his left hand, parry him with your right; and, thirdly, at your mark or ribs with his right, when you must guard yourself, as before directed, with your left arm.

This lesson must be practised for some time; after which he must proceed to strike first with his left arm at your right cheek, his right at your left, and his left again at your stomach or ribs, all which blows you must parry, and then recover your guard; then, with his

right arm at your left cheek, his left at your right, and his right at your stomach, which you must likewise parry, and again recover; he then strikes, first with his left, his right, and once more with his left; next with his right, his left, and again with his right; and thus continue while you are parrying each blow, and he counting one, two, three, in order to keep you in proper time, which blows must be commenced slowly, and become quicker and quicker by degrees, till you proceed in the next lesson, in which the same exercise is repeated, with only this difference, that the blows or aims are quickened so fast as to put it out of your power to recover your guard after the first three blows; so that, as soon as you can have brought your arm down from stopping or catching the second blow at your face, you must raise it up again to defend yourself from the reach of the first blow of the next set-to, which is now aimed at the same side of the face at which the second was directed before. The difficulty of the practice of this lesson diminishes in proportion as you advance in science, for nothing can be obtained by practice easier than these motions; they become in a short time habitual, and, rightly considered, are but repetitions of the former lessons quickened in their pace, and without that strict regular recovery of the guard, after the delivery of the first three blows.

A BACK-HANDED BLOW, OR CHOPPER.

With the large knuckles of the hand, and a straight arm, this is very effectual. These blows, upwards or downwards, cut. It is better to hit with them, when an opportunity offers, than with the middle knuckles of the fingers, as they are apt to give way with great injury, but which is never the case with the former; the back-hand knuckles coming down in a straight line from the shoulder; this blow was Mendoza's favorite. The power of striking this blow with dexterity often enables you to return with the same hand with which you parried the hit of your adversary. Thus, if you are struck on either side of the face, you may successfully raise up your elbow, catch the blow on it, quickly bring round your arm, and give the chop. Whenever the elbow is pointed a little upward, it is a more favorable situation for striking the chopper, than when your fist is raised up for it, because by affording your arm a swing round, it gives a greater impulse to the blow.

The chopper may be happily used in giving the return; and should a pugilist engage with a person ignorant of the science, it will certainly prove successful.

A round blow is too easily perceived on its approach, and of course readily stopped. It is not a strong or a quick way of fighting, and only resorted to by indifferent boxers; but the chopper is a blow out

of the common line of boxing, and is found the most effectual. For this purpose the arm is to be drawn back immediately after giving this blow, so as to recover your guard. It generally cuts where it falls, and if but moderately hard on the bridge of the nose, or between the brows, produces disagreeable sensations, and causes the eyes to water, so as to prevent your adversary from seeing how to guard against two or three succeeding blows. If struck with force on the bridge of the nose, it splits it in two parts from the top to the bottom; if on either side of the eyes, it causes a temporary blindness; and if on both, it disables the person who receives it from continuing the fight.

TRAINING.

This preparation is of the utmost consequence, and has lately been carried to a greater effect than in any former period.

Training, according to the method now established, consists in a series of exercise and regimen, particularly adapted for the purpose of gaining additional strength against engaging in any battle. Like quarantine, it should be observed for some months previous to fighting. The method of training most to be recommenced is, to live temperately, but not abstemiously, and to take a great deal of exercise, but not so much as should prove fatiguing. This should be done in the country, free from company. Go to bed about ten, rise about six or seven, go into the bath, and dry rub yourself, throw out the dumb-bells till you feel they tire you, take a walk for a mile, return home and eat a good breakfast; amuse yourself in walking moderately and sparring till dinner time, when you must avoid eating a great quantity; drink wine mixed with water while you are at dinner, and a glass of hock after; take a ride, or walk out till about nine o'clock, when you must sup on a chicken, or some food that is nourishing, but not gross; and then, after having walked either within or without doors, and worked the dumb-bells again till a degree of heat ensues, retire to rest, taking care not to exceed discretion in either food, wine, or sleep.

Before a public engagement, the following method should be observed for three weeks at least:—Bathing, morning and evening, must be observed, particularly for the feet, legs, hands and arms. No soap is to be used in any of these bathings or washings. You must retire early to rest, on a supper of rennet milk, or milk pottage, and eat sparingly of bread, butter, or salt. The morning's meal throughout the time should be rennet whey, or hard white biscuits without seeds. Let your dinner be alternately stewed veal, without rice, and well-fed fowls, with a melt or two in the latter, boiled to a jelly. No tea must be taken in the afternoon, but instead thereof, a rusk and chocolate

early in the evening, with supper as before. Red wine is recommended throughout this preparation, but not without water. Porter, ale, or any sort of beer, as well as spirituous liquors, are to be entirely laid aside, as well as salt meats and acids. A claret posset mulled at night may be allowed, but repletion is to be carefully avoided.

Retire to bed at nine, breakfast at seven, take a rusk and wine at eleven, if not apt to inebriate or injure you, with a glass of jelly first; dine at one, take chocolate at four, sup at seven; and exercise yourself by any cheerful amusement within doors, or walk out previous to your going to bed. Spend the morning in an early walk, if not more than a mile; first breaking your fast with a single gingerbread nut, steeped (if not apt to inebriate) in Hollands. Return home slowly, to avoid heating the body, and in order to preserve it so, lie cool at night.

In the morning of fighting, eat only a slice of bread, toasted without butter, or a hard biscuit, with half a pint of red wine mulled, and a table-spoonful of brandy. The bottle on the stage should be composed of Hollands, Seville-orange bitters, with sugar, made up palatable, but not too strong. Weak brandy and water, with a few drops of bitters, are also commendable.

PRACTICE IN BOXING.

This is the sublimity of the art, and, as in every other, practice produces perfection; it is the great requisite to learning this art. The exhibited figure (Number 11) will give you some idea how you may strike forward with each arm successively. This repetition will enable the learner to strike much sharper and oftener in a certain limited space of time. Dumb-bells, of a proper weight, according to age and strength, will help; but above all, the practice taken with a partner, if not immoderately pursued, increases strength and activity. This will ensure a perfect knowledge of the science, and a dexterous and ready use of it upon occasion. It ought not to be neglected while you have a friend to spar with, or a glass to stand before. A glass will indeed set you right with regard to the securest attitude, and you may strike and practice the lessons before it. The same use may be made of a candle, if you stand between its light and the wainscot, on which your shadow may be observed with much advantage.

WIND.

Strength and breath are included under this word. Both are lost

by too violent, but improved by moderate exercise. A man is said to be in breath and wind when his powers of respiration and motion enable him to continue the active part of a battle without flagging; but when he is disabled by fatigue of personal exertion, or when this disability is occasioned either by fatigue or a blow in the loins, he is said to be winded. When an adversary is winded in battle, and we feel that he cannot strike with force or vigor, we ought to fight at him with our utmost activity, and to quit the defensive part of boxing, as that would be only throwing away our skill to no purpose, and give him time to recover himself. When we are ourselves weakened by fatigue, we should only fight on the defensive, and if struck, fall and lie flat on the ground till our seconds pick us up, by which means the powers we have lost may be in some measure regained.

To hit the mark, as boxers call it, from its being the object at which the most expert aim at, and if struck, the most effectual in deciding the affair, is the pit of the stomach. A blow cannot be planted in any part of the system with more probability of effect, and to gain the battle, than in this place, denominated the mark; it causes an instant sickness, and a weakness spreads all over the frame. This debility destroys for a time the power of resistance.

BLOWS.

A blow is a stroke, or a hit with the fist, against any part of the person or body. These are denominated fair or foul, according to where they are struck. Low blows lose the battle.

A proper mode of striking should be the pupil's first object of knowledge, for a decisive blow may be made by a person unacquainted with the other parts of pugilism; and though a man well versed in the guards, he hazards much in parrying an adversary who is ignorant of the principles of striking, because he knows not the common directions of the arm against which he is to defend himself.

Thus whether we consider striking in an offensive or defensive view, either to assault an adversary or receive his attack, it is the most elementary part of boxing, and should be the first studied.

The large knuckles of the hand should only be used. they are rarely disabled, but the knuckles in the middle of the fingers frequently give way.

Straight blows are preferable to all others; they are stronger, because they come directly from the centre of power; and quicker, because they describe less space in the attainment of the object; it therefore follows that it is more difficult to parry them than any others. Round striking is now universally exploded; it is condemned by the same reasons which recommend straight blows, for it is directly contrary to them.

BAR A BLOW.

This is a peculiar kind of stop or guard, which, if suddenly applied, elegantly parries off the intended stroke. The best way to do this is to defend yourself from it by crossing your arm over the part at which you see it is aimed. Thus the method here directed for the purpose of securing your mark, is by barring. Broughton, however, used to stop blows at the stomach, by beating them down with his arm. The danger of such a practice is the chance you stand of being quicker in attempting to beat down the blow than your adversary is in striking it; in which case you will leave your stomach open just at the time of his hitting, and thus be yourself the cause of receiving what you was at that moment attempting to avoid. It is but fair, however, to observe, that by this mode of defence you can beat off blows aimed at any part of your belly, whereas that of barring can only guard the pit of your stomach.

To conclude this article of blows, it must be observed here, nearly in the words of an amateur, that accident and necessity direct oftener than choice in the case of blows, for all persons naturally strike round or straight forward. The first are given in general by persons who are not skilled in the art; the second more commonly belong to boxers, and form the surest mode of fighting, because it stands to reason, that a straight line will reach an object sooner than one that is circular. Neither of these styles, however, ought to be constantly followed, for you are to aim at your adversary those blows to which he appears most exposed, and which the circumstances of the battle appear likely to render most successful. The parts of the body and face which are subject to suffer by round blows, are the temporal arteries, the jaw-bone, the glands of the ears, the ribs, and the loins; those subject to straight ones, the eyes, nose, mouth, and pit of the stomach.

FIRST HIT.

After the learner is sufficiently instructed in protecting his face he must learn to strike at his adversary's with quickness, certainty and precision. Neatness is here particularly requisite. Let your fists be rather close, near each other, as in guard, at a short distance from your body with your elbows somewhat inclined towards your side, and the flat part of your fingers instead of your back-hand knuckles opposite your adversary's face. Then throw out your arms in a direct projectile motion, one after the other, towards your adversary's face, successively striking with your right and left, and recovering your guard, but never vary your blows; give them straight forward in the exact direction of the face, while he secures himself from being struck by holding back his head, just far enough to prevent your fist

from reaching. In doing this, never draw back your arm beyond your side to gain an additional force of blow, for a boxer will soon avail himself of your want of judgment in doing so, by flinging a short straight stroke, which has just now been recommended, and which will reach you before you can hit him; but continue striking as quick as possible till you are tired.

Six lessons, of twenty minutes each, have made a very expert pugilist, and prove that attention and activity may be acquired by habit, assisted by art. Your wind, by increasing your celerity, will be improved, and in a short time you may yourself receive improvement from the most ignorant of the science of manual defence, officiating for each other, one as a master, the other as a learner, alternately, for improvement, assistance, and amusement.

OF CLOSING, AND THROWING FALL.—No. 7

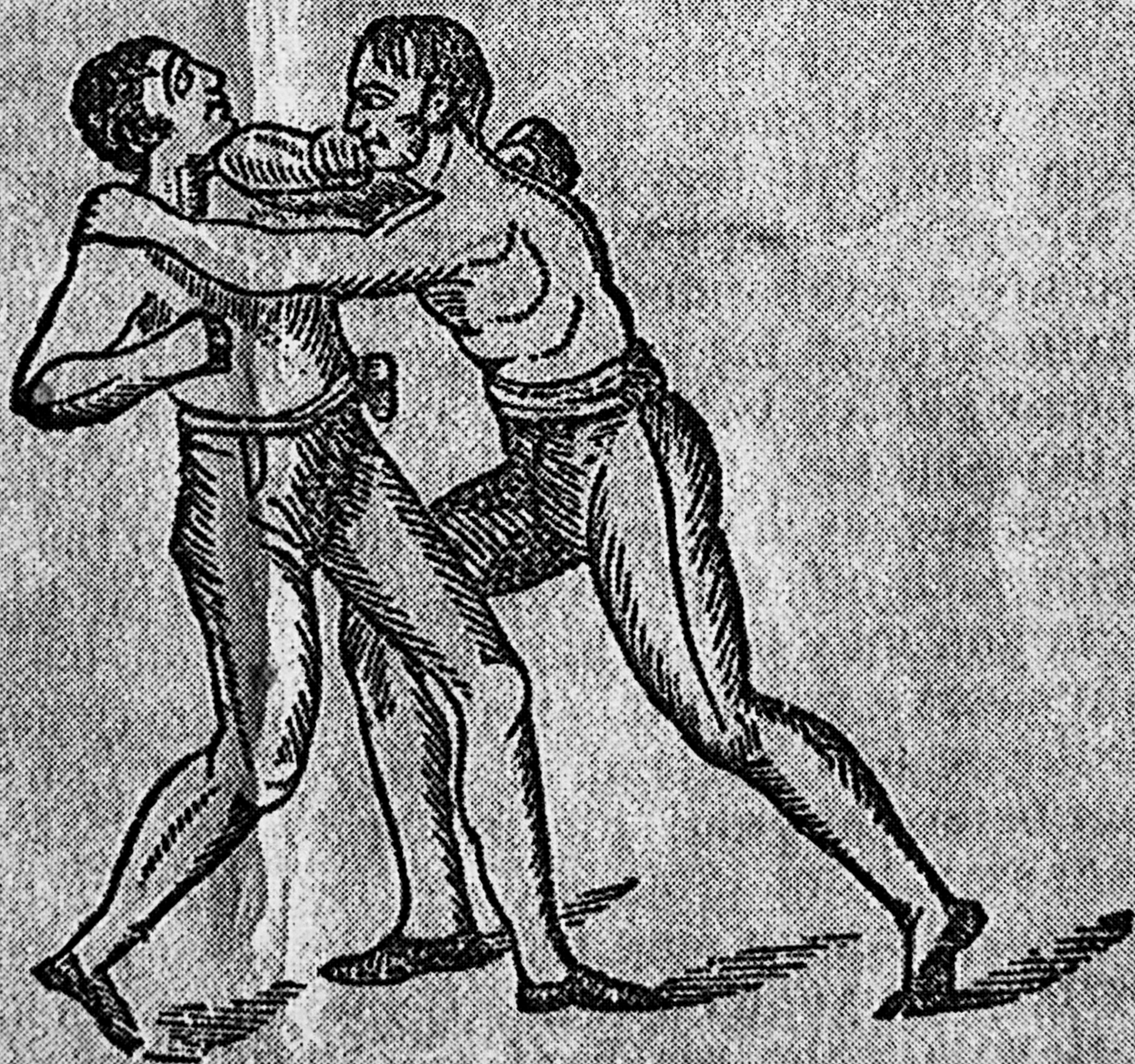


This is an encroachment on the art of boxing. Throwing falls properly belong to the province of wrestling; it depends rather on strength than art, and is therefore oftener practised by powerful men than good boxers.

In order to avoid closing or grappling, the best method is to strike forward very fast, which will keep your adversary at a proper distance, and too busy in repelling your blows to come at his game. But if, notwithstanding this, he persists to rush on, strike a blow and retreat. This conduct will baulk him. Bent too eagerly on grappling you to be sufficiently on his defence, he will lie open to a second at-

tack; hit another blow and retreat again. But if that does not put him out of conceit of this sort of manœuvring, the following method may: which is, when you see your adversary's intention, strike at him, and then drop on your knee.* By this means you will probably evade the return; but the custom of dropping ought only to be used on very critical occasions, such as when you are almost certain that your opponent means to close; or when he is so much stronger than you that his blows will injure you considerably, should you stop them; or when you are not well enough acquainted with the art to be able to stop them with dexterity; or when you find yourself growing so weak with fighting that it is necessary to save your arms as much as possible. Closing has been for some time exploded; and this alone may serve as an argument to show, that boxing is greatly improved, since what was formerly of great utility, is now esteemed unnecessary, or of little value. Yet pugilists should familiarize themselves to closing, for though it rarely happens, they ought to be prepared for the worst.

THROWING.—No. 2.



The common method of throwing among the lower orders of people, and particularly country folks, is usually by tripping up; an unfair practice, and very paltry effort,—never resorted to by good boxers. To prevent which, follow the directions just given, strike sharp forward; and if you are a little attentive to your adversary's motions, you will quickly perceive, that before he attempts to trip you up, he will look at your feet, that he may make good his attempt.

by which means you may easily discover his intentions, strike him instantly in the face or about the head, and thus you will render his preparation ineffectual, and make it tend to his own discomfiture.

Customary as closing and throwing falls are, the scientific method is not so generally understood as the other principles of boxing, and although they depend chiefly on strength, height, or power, they may yet be in some degree effected by skill, which always gives the student the advantage, where his adversary is not much stronger or heavier than himself.

As Sir Thomas Parkin's Wrestler is not very common, an extract is here given of his opinion and directions on the subject, with Mendoza's observations thereon. The former observes, "A happy knack in closing may be thus practiced:—When your adversary's body and yours are almost in contact, before he can grasp hold of you properly, dart your left under his right arm, and bringing it round his back, seize hold with your hand of the inside of his left arm near the elbow, taking care at the same time to throw your left leg behind him, by which means you pin down his left arm, and disable his right one likewise from striking, by its hanging useless over your left shoulder, and support his body on your left thigh, while you smite at his face and stomach with your right hand, without his having the power of guarding or making any resistance. If he be somewhat stronger than you he may indeed struggle a great deal, and at last get away from you; but lest he should do this, it will be a sufficient advantage for you to hit him two or three times before you release him. If you are a left-handed man, it may be practised by darting your right arm through his left, seizing hold with it of his right arm, throwing your right leg behind him in front with your left hand.

"When it happens that two persons close in fighting, the mutual attempt is to throw each other. In order to do this, while you are grappling with each other, place your left leg behind his left leg, and in the struggle you may throw him backward on his head. Should your adversary serve you in this manner, you may make your situation his, and throw him, instead of being thrown, by withdrawing your leg from before his, and placing it behind." Mendoza, in his Art of Boxing, says, "But if his left arm be too much forward for you to be able to grasp it, you may remedy the inconvenience by seizing hold of his wrist with your right hand, and thus push his arm back so as to place it within the reach of your left hand. All this may be accomplished in an instant."

DROPPING.

This is reckoned an unmanly shift, and was unknown to the old school, as Oliver had often been heard to say, who was brought up under Broughton's eye, and was once his favorite: yet in his latter

ART OF SELF DEFENCE.

years he was known to have recourse to this contrivance, and thereby he confessed the old school inferior to the new one.

Dropping is either done by falling on your breech, your knee, or your back, when your adversary strikes, or when you have struck at him, and wish to avoid the return. Everything in boxing may be said to be allowed except striking below the waistband of the breeches, scratching, gouging, biting, or tearing the hair, which are mean and unmanly practices; but one who drops cannot be considered a manly boxer, except it be to avoid his adversary's closing in upon him, when he has reason to suspect such an intention and distrusts his own strength.

GOUGING

Is unmanly and barbarous, and introduced into the new school by a farrier to take ungenerous advantage.

This gouging is, cutting out the eyes of your adversary by the knuckles; it is the manner in which Mendoza served Humphries at one time during the battle at Oldham, but was most justly reprobated; and the person who would now resort to this mean and unmanly advantage, would be universally scouted as a coward.

SHIFTING.

This mode is not counted honorable by many, as the signification of the word is synonymous with running away. Shifting is nothing less in fact than running from your adversary whenever he attempts to hit you, or come near you, or when you have struck him, and is done with a view of tiring him out. It is rarely practised by good boxers, unless they are fighting with a man so much superior to them in strength that they find it necessary to fatigue him and exhaust his patience, in order that they may reduce his chance of success to a level with their own. In this case it is effected by throwing the left leg so far back as to stand with the right foremost, then the right so far back as to recover your first position, and thus continue the footing as the occasion demands. It may be practised during the first round or two, for the purpose of perceiving your opponent's style of fighting, but ought to be done on no other occasion, except under the circumstances before stated.

ADVANCING AND RETREATING.

This is done by stepping a pace forward with the leg that is fore-

most, and then with the hindmost foot, so as never to lose your original position, keeping your guard; and this you continue repeating, if your adversary gives way. If he give way but little, your steps may be short; but if his retreat be more rapid, you must be quicker in your advance. Should he, however, absolutely run from you, you must run after him; for in that case, it would be foolish to advance according to method. In practising this part of boxing, if you are not afraid to change your position, you may advance, by standing square, that is, bringing your right foot on a parallel line with your left, instead of keeping it hindmost; then stepping forward in your first position by throwing your left leg forward; then standing square; then entering your first position, and thus continue to advance as long as may be necessary. This latter method is more in the style of the old Broughton school, it is left to the boxer to determine which is the best. It certainly gains as much, if not more, by the advance of one leg than the other does by that of both; but it is better to beware of an experienced boxer that practices this way, lest he should deceive you and rush in to close as you stand square, which posture, though old Broughton's favorite one, is extremely liable to the cross-buttock throw.

RETREATING.

In the practice of sparring, theoretical to the art of Boxing, this should be sometimes practised by the learner, as it may be of use to him in combat. It is done by receding one step backwards with the hinder, and the same with the foremost leg, and repeating this as often as is necessary, by which means you still retain your original situation, at the same time that you are getting from your adversary. Retreating is practised either when you wish your adversary's stroke to miss, or when you are so puzzled by them that you cannot otherwise recover your guard, or when you want to get a better opportunity of throwing in a blow, or when you wish to avoid his closing with you; it is generally necessary when he rushes in rather furiously upon you, in which case you may strike at him as you retreat, for his desire of coming at you will probably induce him to neglect his guard, and therefore lay him open to a blow. You may retreat if you like the method better than that already recommended, by throwing your left leg back on a parallel with the right, by which position a square guard is attained, as was Mendoza's and Ward's usual way. This style of retreat is on the same principle with the article immediately preceding. Its advantages and disadvantages are reciprocal, and the danger the same.

GAME AND BOTTOM.

The power of bearing blows, or what is generally called bottom, quickness of the eye, and wind, are requisites of great importance, and may be all improved by constant practice.

There are men who seem to be peculiarly formed for bottom. The severest blows make little impression on the ribs of some, or the heads of others. The old school furnishes a surprising instance of bottom. The noted Buckhorse made a practice of standing without a guard and permitted himself to be knocked down by the hardest hitter for a trifling sum of money. The advantage of a good eye is evident; it is necessary to discern the approach of a stroke, and the vulnerable parts of an opponent. A resolute look is useful in awing an enemy, and often disconcerts the boldest. The eye should never be closed in the time of action. Wind, though naturally good, may be improved by proper exercise, or what is termed training. It may also, if once impaired, be in a great method recovered by the same method of regularity of living.

A LOCK.

This figure exhibits the illustrations of a lock at the moment of grappling, the idea of which is borrowed from Sir Thomas Parkyn's In-play Wrestler, and his words are to this effect. At the moment of laying hold, whether it be round the shoulders or body, throw your right foot behind his left, or if his left should be forward, your left behind his right, and attempt with all your force to fling his body over your foot, then artfully placed, to destroy his equipose, and preserve your own. If he stands square, which will generally be the case in closing, it will not signify which of your legs you place behind him.

In order to prevent the worst effect of this manœuvre, he should remove his leg from before yours thus placed to entrap him, and place it behind, by which means he obliges you to stand in the same dangerous situation from which he had just extricated himself. If you perceive that he is dexterous enough to produce this change, frustrate his intention by removing your leg from behind his, and thus place him in the same state he was in at first: this is the exact juncture of time to throw him, if you can; or he may turn the tables on you by altering your situation again, and at last throw you over. But perhaps you may gain upon your adversary in altering the lock. In order to do which, and to give your design greater probability of success, let one of your arms, instead of clinging round his neck, be bent against it in front, which by projecting him from you, will go hard against him, and contribute more than any other circumstance to pitch him over your knee.

ART OF SELF DEFENCE

RULES.

1. That a square of a yard be chalked in the middle of the stage, and every man set to after a fall, and being parted from the rails, each second is to bring his man to the side of the square, and place him opposite the other, and till they are fairly set-to at the lines, it shall not be lawful for any one to strike the other.
2. That in order to prevent any disputes, the time a man lies after a fall, if the second does not bring his man to the side of the square within the space of half a minute, he shall be deemed a beaten man.
3. That in every main battle, no person whatever shall be on the stage, except the principals and their seconds; and the same rule be observed in bye-battles, except that in the latter, a fit person is allowed to be on the stage, to keep decorum, and to assist gentlemen in getting to their places, provided always he does not interfere in the battle; and whoever pretends to infringe these rules to be turned immediately out of the house. Everybody is to quit the stage as soon as the champions are stripped, before the set-to.
4. That no champion be deemed beaten unless he fails coming up to the line in the limited time, or that his own seconds declare him beaten. No second is allowed to ask his man's adversary any questions, or advise him to give out.
5. That in bye-battles, the winning man to have two thirds of the money given, which shall be publicly divided upon the stage, notwithstanding any private agreements to the contrary.
6. That to prevent disputes, in every main battle the principals shall, on coming on the stage, choose from among the gentlemen present two umpires, who shall absolutely decide all disputes that may arise about the battle, and if the two umpires cannot agree, the two umpires to choose a third, who is to determine it.
7. That no person is to hit an adversary when he is down, or seize him by the ham, the breeches, or any part below the waist, a man on his knees is to be reckoned down.

THE END.